



## **DIABETES SUPPORT GROUPS**

### **Participation requirements:**

- Adults with diagnosis of Type 2 diabetes
- Prior registration not required
- Attendance is flexible. Patients can attend a group session whenever they feel it is necessary
- Attendance is voluntary and not required
- Group sessions are once every 2 weeks
- Attendance is free

### **Objectives**

- Affirm and reinforce the concept that individuals with diabetes are responsible and in control of the daily decisions and solutions to problems in the self-management/control of diabetes
- Moderate the exchange of information and support to provide participants the knowledge and tools necessary to make informed and useful decisions for the rest of their lives. Emphasis on the self-management of diabetes.

### **Participants will receive information and support to:**

- Find solutions to deal with the barriers of controlling diabetes
- Find healthy ways to manage emotions that emerge as a result of living with diabetes
- Meet and relate to others also with Type 2 diabetes
- Share and exchange information and experiences in the self-management of diabetes while also offering and receiving support and information from others in similar circumstances

## **Format**

- Meet every 2 weeks for 2 hours
- Facilitated by two Peers for Progress CES
- Invited speakers include
  - Behavioral Health staff
  - Pharmacist
  - Certified Diabetes Educator
  - Others based on patients' expressed needs/wants
- Activities:
  - Physical activity sessions
  - Healthy cooking demonstrations
  - Gardening, arts and crafts
  - Others based on patients' expressed needs/wants

## **Discussion topics**

- 7 key behaviors for diabetes self-management
- Healthy acceptance/coping
- Planning for behavior change
- Problem solving

## GUIDE – SUPPORT GROUP

### 1. WELCOME

2 mins

- **Welcome:** the CES will courteously receive arriving participants and ask that they sign in
- **Presentation:** Participants should know the name, position and program the CES belong to as well as who to communicate with in case of complaints or suggestions.
- **Introduction:** At the beginning of every session it is necessary to give a brief description of the support group because new participants can participate at any point.
- **Rules:** Inform participants about the rules that should be followed in order to ensure everyone's comfort
  - **Confidentiality**
  - **Respect for differing opinions**
  - **No loud speaking/yelling**
  - **No insulting**
  - **Cell phones must be turned off or on vibrate**
  - **Not interrupting when others are speaking**
  - **Raise hand if wish to speak and wait to be asked to speak**
  - **Other rules that group participants wish to impose**
- **Emergency exits and restrooms:** It is important to mention to participants the location of emergency exits and restrooms. It is important to remind participants that they may leave the room at any moment without prior notice or asking to be excused
- **Tools:** CES will provide the materials necessary for the activities planned for each group session

### 2. ICE BREAKER

- I. Each session will begin with an activity so participants can get to know each other and begin to integrate into the group
- II. Examples of ice breakers are:
  - Introducing oneself by name or how they would like to be called
  - How long they have had diabetes for

### 3. INFORMATION SESSION – EDUCATIONAL

#### Introduction to the 7 key behaviors for diabetes self-management

- Mention briefly the first 5 behaviors:
  1. Healthy eating
  2. Physical activity
  3. Glucose monitoring

- 4. Taking medications as prescribed
- 5. Reducing risks
- If participants request more in-depth information regarding these 5 behaviors refer them to the Diabetes Self-Management Education classes (series of 4 classes)
- The emphasis of the support groups are the last 2 of the 7 key behaviors for diabetes self-management
  - 6. Problem solving
  - 7. Healthy coping

#### 4. WHAT DO I WANT TO CHANGE – PRACTICE

Questions to ask participants

- **What would you like to begin to do to improve your diabetes?**
- **Select one of the 4 following behaviors**

##### I. **Recognizing the problem / Reflecting on past experiences** **5 mins**

- Invite group participants to comment on goals identified and implemented (plan of action) since the last session or in the past
- Questions to ask participants
  - **In the past, what impeded you from doing it? Or What has been the most difficult thing you have confronted en managing your diabetes?**
  - **Have you tried to make any changes or do something? What did you learn? What obstacles did you find?**
  - **What do you think about the problem? What do you think is the cause?**
  - **Was it a positive or negative experience?**
  - **What did you learn from this experience?**
  - **What did you learn about the self-management of diabetes?**
  - **Can you incorporate what you learned in your plans to self-manage your diabetes?**

- **Activity, “Rewarding for goals met”** **5 mins**

If the participant completed his/her plan

- **Evaluate the goals reached**
- **Discuss the benefits from reaching goals**
- **Reward for the goals reached**
- **Develop next plan**

- II. Meaning of the problem / the role of emotions** **10 mins**
- Invite participants to talk about something that has occurred since the last session (or something they have confronted in the past if this is their first time attending the support group) and the emotions that emerge for that situation
  - Questions to ask participants
    - How do you feel or how did you feel confronting that situation?
    - How did or can those feelings influence the decisions you make regarding the self-management of your diabetes?

- III. What to do with that problem / problem solving** **30 min**
- Invite a participant to bring a problem or worry that he/she is confronting
  - FACILITATE the group and assist them in identifying barriers and have them share IDEAS on implementing solutions
  - The participant will determine and select the most appropriate and flexible IDEA based on their individual experience
  - FACILITATE the development of the plan of action for the participant
  - Every week, invite participants to implement a PLAN OF ACTION for self-management, attempting to reach the short-term goal(s) they identified
  - Regardless, the participants will not be pressured to set a goal if they are not ready to do so.
  - Questions to ask participants:
    - **What would you like to do about that problem?**
    - **What would you like to change that could make you feel better regarding the problem?**
    - **Where would you like to be or accomplish in 1 month, 3 months, 1 year?**
    - **What are the barriers that keep you from reaching that goal(s)?**
    - **What other options exist?**
    - **Who can help you?**
    - **What are the costs and benefits of each option?**
    - **What will happen if you do nothing?**
    - **On a scale of 1-10, how important is it to you to do something about this?**
    - **Let's create a plan**
  - Give some brief examples

- **Activity: “PROBLEM SOLVING”**  
The participant could not follow through on their plan
  1. IDENTIFY the problem. What barriers did you find?
  2. LIST IDEAS to resolve the problem
  3. SELECT one of the IDEAS and put into practice.
  4. EVALUATE the results
  5. IF IT DOES NOT WORK, substitute that idea with another one on the list
  6. ASK FOR HELP, ask for ideas from family, friends, professionals
  7. ACCEPTANCE, sometimes problems do not have solution at the moment

**IV. Developing a Plan 15 mins**

- Questions to ask participants:
  - Are you willing to do what it takes to solve this problem?
  - What are some steps you can take?
  - WHAT WILL YOU DO?
  - HOW WILL YOU DO IT?
  - WHEN WILL YOU DO IT?
  - FOR HOW LONG WILL YOU DO IT?
  - On a scale of 1-10, how confident are you that you will be able accomplish your plan?
  - How will you know you succeeded?
  - What will you do once you leave here today?
- Example of a PLAN:
  - WHAT WILL YOU DO? Eat healthier
  - HOW WILL YOU DO IT? Eat only 4 tortillas instead of 7
  - WHEN WILL YOU DO IT? Every day with my 3 daily, main meals
  - FOR HOW LONG WILL YOU DO IT? For 1 week, 1 month

**V. Recreational Activities 40 mins**

- Physical activities
- Relaxation techniques
- Healthy cooking demo
- Others per participants’ requests